GUAM WIC SHOPPING GUIDE

Standard Food Package

PARTIALLY (MOSTLY)
BREASTFEEDING WOMEN
(UP TO 1 YEAR)

8

PARTIALLY (MOSTLY)
BREASTFEEDING INFANTS
(6-11 MONTHS OLD)



Before You Shop:

- Check your refrigerator temperature (35-40° Fahrenheit).
- Make a shopping list for items you plan to buy to resist impulse shopping.
- Do NOT sign your WIC checks before going to the store. Look at the "First Date to Use" and the "Last Date to Use" printed on your WIC checks to make sure you are taking the right checks to the store.
- Plan what fruits and vegetables to buy with your Fruit/Vegetable check (Cash Value Vouchers or CVVs).
- Locate the WIC authorized vendors in your area by using the WIC Authorized Vendor List provided at the WIC clinic.
- Bring your WIC ID Card, WIC checks, Guam WIC Shopping Guide, and your own shopping list to the store. If you are a Proxy, you must bring the WIC ID Card, your Proxy Card, and your valid photo identification card.

While Shopping:

- Read your WIC checks so that you only buy authorized food items.
 You can only buy food items listed on your WIC checks. No substitutions can be made. Buy store or generic brands when possible.
- Use this Guam WIC Shopping Guide to help you choose WIC approved foods and the correct package sizes.
- Look for the **WIC APPROVED** labels on the store shelves to help you find approved foods. **WIC APPROVED**
- You should buy all the foods listed on your WIC checks. Once the WIC check is redeemed, the foods that you did not get cannot be redeemed later.
- Do not buy foods that are close to being out-of-date/expired or foods that are damaged. Contact the WIC Vendor Management Coordinator (475-0291 or 687-7905) if you have any problems with a vendor that does not have quality or undamaged foods.
- In the produce section, take time to weigh the fresh fruits and vegetables and calculate prices so you will know how much they will cost. You will need to pay for the amount that is more than what's indicated on the WIC check.
- If you cannot find what you are looking for, ask store staff for help. If the store does not have all the WIC foods listed on your WIC checks, you may go to another WIC authorized vendor or return when the store has all the WIC foods listed on your WIC checks. Please contact the WIC Vendor Management Coordinator at 475-0291 or 687-7905 and provide information on the WIC foods that are often unavailable.
- Before checking out, review your WIC checks and WIC foods to know you have the correct items.

At Checkout:

- Tell the cashier you will be using WIC checks.
- Separate your WIC items from other items you plan to buy.
- Before you sign the WIC check, make sure that the right date is written on the check and the total price on the cash register matches the total price written on the check. If it matches, sign the check the same way you signed your WIC ID Card (or the signature on the Proxy Card for Proxies).
- Fruit/Vegetable checks have a printed dollar value. If your fruits and vegetables cost more than the amount on the check, you can pay the extra amount.
- No cash change will be given from any WIC transaction.
- Keep receipts for your records. WIC items may not be returned to the store for cash, credit, or be exchanged for non-WIC foods. Defective items may be replaced according to the vendor's policy for replacement.

When Home:

Properly store foods to keep them fresh.

Where to Store Fridge

THE TOP SHELF

Nearly all fruits and vegetables (except those listed under "Crisper Drawers."

THEMIDDLESHELF

Butter, cheeses & sliced deli meats.

THE CRISPER DRAWERS

Lettuce, spinach, kale, collard greens, celery, broccoli, apples, figs, cantaloupe, honeydew & apricots.

THE BOTTOM SHELF

Raw meat, fish, poultry, eggs, milk, & leftovers.

THEDOOR

Condiments, salad dressing, oils, sauces & acidic fruit juices.

The door is the warmest part of your fridge, The bottom shelf is the coolest.

 Receiving WIC food benefits makes you responsible to prepare healthy and nutritious meals for yourself and/or your children.

NOTICE: Lost or stolen WIC checks WILL NOT be replaced!

Report any stolen WIC checks to your WIC clinic as soon as possible!

Tiyan: 475-0295/6 Dededo: 635-7471/2

Mangilao: 735-7180/1 Santa Rita: 565-3537

Inarajan: 828-7550



Thank you for making Guam a healthier island by breastfeeding your baby!

FRUITS & VEGETABLES



\$10.00/month

FRESH:

Any brand is allowed.

Locally grown or imported fruits and vegetables.

FROZEN:

Any brand is allowed.

Combinations of frozen fruits or vegetables.

Frozen beans allowed, except beans already authorized under the dry bean category.

WHOLE GRAINS

















Whole Wheat Spaghetti (up to 16 oz. pkg.)

WHOLE WHEAT BREAD (16 oz. loaf only):

100% Whole Wheat Bread

Brands:

- Franz
- Light Oroweat
- Wonder
- Pepperidge Farm

OTHER WHOLE GRAINS (up to 16 oz. pkg.):

- Brown Rice any brand
- Whole Wheat & Whole Grain Rolls Alexia
- Whole Wheat Hot Dog Buns Oroweat
- Spaghetti Essential Everyday Whole Wheat; Western Family
- Elbow Macaroni Essential Everyday Whole Wheat
- Rotini Ronzoni Healthy Harvest 100% Whole Grain; Essential Everyday Whole Wheat
- Spirals Eden Kamut 100% Whole Grain
- Rigatoni Bionaturae
- Lasagna Ronzoni Healthy Harvest 100% Whole Grain
- Penne Rigate Western Family





1% FAT (LOW FAT MILK:

1 gallon

1% FAT OR NON-FAT MILK:

Half gallon

EGGS



One dozen (12) fresh chicken eggs total/month

FRESH CHICKEN EGGS:

Any brand is allowed.

U.S. grade A or AA.

Small, medium, or large size only.

DRY BEANS & PEANUT BUTTER



AND



One pound (16 oz.) dry beans total/month AND

One jar (16-18 oz.) peanut butter total/month

DRY BEANS:

16 oz. package only

Any brand of:

- Black beans
- Garbanzo beans (chick peas)
- Kidney beans
- Lentils
- Mongo/Mung beans (green or yellow)
- Pinto beans
- Split peas (green or yellow)

PEANUT BUTTER:

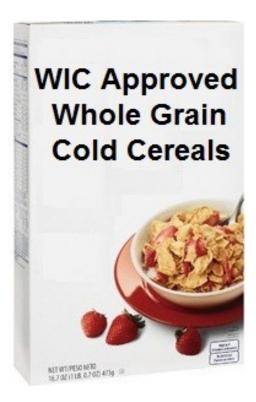
16-18 oz. containers

Any brand is allowed.

All textures allowed (smooth to super crunchy).

CEREALS

Up to 36 oz. total





COLD CEREAL:

12 oz. or larger boxes/bags up to 36 oz. total *General Mills*

- Cheerios whole grain or multigrain
- Total whole grain
- Kix whole grain
- Wheaties

Kellogg's

- All Bran Complete Wheat Flakes
- Mini-Wheats
- Mini-Wheats Bite Size
- Mini-Wheats Unfrosted

Post

- Grape Nut Flakes
- Grape Nuts (16 oz. pkg.)
- Bran Flakes

Quaker

- Life
- Oatmeal Squares
- Quaker Essentials Crunchy Corn Bran

Western Family

- Wheat Bran Flakes

Malt-O-Meal

- Blueberry Mini Spooners (18 oz. pkg.)
- Strawberry Cream Mini Spooners (18 oz. pkg.)

HOT CEREAL:

12 oz. or larger boxes/bags up to 36 oz. total

General Mills

Wheat Hearts

Homestead Farms LTD

Maypo Oatmeal - regular or quick

Malt-O-Meal Co.

Original Malt-O-Meal

Western Family

Original Instant Oatmeal

100% JUICES



OR



FROZEN:

12 fl. oz. concentrate (3 containers)

Apple juice

Seneca Red * Springfield * IGA * Western Family

Treetop * Old Orchard

Grape juice

Welch's * Western Family * Old Orchard

Pineapple juice

Dole

Orange juice

Any brand

SHELF STABLE:

46 fl. oz. (3 containers)

Apple juice

Western Family * Langers * Motts * Treetop * IGA Hansen's * Seneca Red * Ruby Kist * Springfield Juicy Juice (Nestle)

Grape juice

Welch's (grape; concord, red, or white grape) * Hansen's IGA (red or white grape) * Western Family * Langers Ruby Kist * Donald Duck * Springfield Juicy Juice (Nestle)

Grapefruit juice

Flavorite * Western Family * Ruby Kist * Donald Duck

Orange juice

Flavorite * Tropicana * Hansen's * Ruby Kist * Texsun Western Family * Cal-Maid * Langers

Pineapple juice

Western Family * IGA * Langers * Dole * Hansen's Springfield

Tomato juice

Campbell's * IGA * Western Family * Red Gold

Vegetable juice

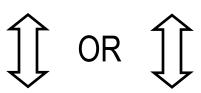
V8 * Western Family * IGA * Springfield

INFANT FOODS (6-11 MONTHS OLD)

32 4-oz. jars total/month









Infant food fruits and vegetables:

4 oz. jars

Single foods only

Gerber, Beech Nut, Nature's Goodness

No organic brands

Up to 18 single 2-packs of 3.5 oz. jars total/month

Infant food fruits and vegetables:

Single 2-packs of 3.5 oz. jars

Single foods only

Gerber, Beech Nut, Nature's Goodness

No organic brands

AND





3 8-oz. containers total/month

Infant cereal:

8 oz. infant cereal packages

Dry single grain

No fruit added

Gerber **OR** Beech Nut: barley, oatmeal, rice, wheat

No organic brands

Eat Healthy! Shop Smart!



While we try to keep the Guam WIC Shopping Guides up-to-date, changes occur. A current copy may be found and downloaded from the Department of Public Health & Social Services web site at www.dphss.guam.gov. You can also get a current copy from your local WIC clinic.

> Tiyan: 475-0295/6 Dededo: 635-7471/2 Mangilao: 735-7180/1 Santa Rita: 565-3537 Inarajan: 828-7550

Developed by the Guam WIC Program Department of Public Health & Social Services

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